

公開課程 Open Course

「精神健康急救」證書課程

Mental Health First Aid (MHFA) Certification Course



課程目標 Objective

- ✓ 認識都市人常見的情緒困擾及精神病的徵狀
Introduction of common emotional disturbances and mental health disorder symptoms
- ✓ 學習透過「精神健康急救」，幫助身邊的同事、家人或朋友面對情緒/精神困擾
Learning to help colleagues, family and friends who suffer from emotional or mental health problems through MHFA

由即日起至
2022年9月30日報名，
即可享有早鳥優惠！
Early bird discount
will be available for
those who enroll
on or before
2022/09/30!

課程內容 Content

第一天 Day 1

- ◆ 「精神健康急救」的基本概念
Basic concept of MHFA
- ◆ ALGEE急救模式 5-step action plan: ALGEE
- ◆ 急救應用：抑鬱症、躁狂抑鬱症、焦慮症、或驚恐性發作
MHFA: Depression, Bipolar Disorder, Anxiety Disorders, Panic Attack
- ◆ 預防及協助企圖自殺人士 MHFA: Suicide
- ◆ 轉介社區資源及專業支援
Community resources & professional help

第二天 Day 2

- ◆ 急救應用：重性精神病（思覺失調及精神分裂症）
MHFA: Psychotic Disorders (Early Psychosis, Schizophrenia)
- ◆ 急救應用：物質濫用
MHFA: Substance Abuse
- ◆ 協助精神病人康復的社區資源
Community resources & professional help
- ◆ 精神健康急救考試及課程檢討
Quiz & course evaluation

* 完成兩天課程的參加者將獲由澳洲「精神健康急救國際」授權予香港心理衛生會簽發的「精神健康急救證書」
Participants will be awarded the "Mental Health First Aid" Certificate that is authorized by the University of Melbourne and The Mental Health Association of Hong Kong upon completion of the 2-day course

課程詳情 Course Details

課程共12小時，分兩天進行 This course will be conducted in two days with 12 hours in total.

第一天 Day 1: 2022/10/21 (星期五 Fri) 09:30-17:00

第二天 Day 2: 2022/10/28 (星期五 Fri) 09:30-17:00

上課地點 Venue : 尖沙咀加連威老道33號

33 Granville Road, Tsimshatsui, Kowloon, Hong Kong

* 參加者必須出席兩天課程以考取「精神健康急救證書」

Mental Health First Aid certificate will only be awarded to those who have attended both days of the course.

課程費用 Course Fee : HK\$1,200

(由即日起至2022年9月30日即可以HK\$1,080的優惠價報名！)

Special discount rate of HK\$1,080 is applicable for any enrollment on or before 2022/09/30)

導師 Instructors : ◆ 梁嘉慧博士 Dr. Klaris Leung

臨床心理學家 / 個案經理 / 「精神健康急救」認證培訓導師

Clinical Psychologist / Case Manager / Mental Health First Aid Instructor

◆ 陳曉蔚女士 Ms. Helen Chan

高級顧問 / 「精神健康急救」認證培訓導師

Senior Consultant / Mental Health First Aid Instructor

形式 Activities : 短講、技巧練習、角色扮演、個案分享、小組討論及影片播放

Presentation, skills practice, role play, case sharing, group discussion and video sharing

語言 Language : 廣東話 Cantonese

報名須知 Note to Application

透過以下網址或以手機掃描旁邊的QR Code。

Fill in the form by either clicking the link below or scanning the QR code.

<https://forms.gle/HTo3EbnK3zbJUQAR8>



請於截止日期2022年10月14日或之前填妥網上報名表格，並按報名表格上的指引完成付款程序。
Please submit the online application form and complete the payment procedures on or before 2022/10/14.

課程費用付款方式：銀行轉帳 / 現金存款 / 轉數快

Payment Method: Bank transferred / Cash Deposit / FPS

* 如需以支票/現金付款，請與我們聯絡。

Please contact us if you would like to settle the payment by cheque/cash.

本公司將於開課前至少一星期以電郵聯絡參加者確認課程開辦或取消。

The participants will receive confirmation email one week before the first day of Open Course.

除非課程取消，已繳費用概不退還。

The course is non-refundable unless it is cancelled by the organizer.